



**“The secret of success is to be ready when your opportunity comes” Benjamin Disraeli**

Dear Students, Parents and Carers,

It's National Careers Week this week before moving into Science week next week where we share with you upcoming events.

Our Year 8 and 9 students are in the process of considering available subject options, for their future pathways. In this newsletter you'll find some useful support to help guide and navigate with these choices.

For those who missed the Year 10 talks last week please find key dates and some suggestions for those students who have yet to start the Work Experience search at the back end of this newsletter.

The Future Pathway and Careers Team

## Health and Care Careers Expo



The careers expo showcased the range of different roles, careers, and opportunities available within health and social care in Cambridgeshire & Peterborough.

Students had the opportunity to:

- speak to staff working in these roles and hear what their work is like
- take part in interactive activities
- understand the different career routes into health and care
- talk to universities about options, subjects and entry criteria

**Year 10 Health and Social Students** had an opportunity to join an Expo and Careers Fair to discover opportunities and future pathways in this subject. **March 5<sup>th</sup>**

## Year 8 and 9 Options Evening



**Options Evening for years 8 and 9 is Thursday 6th March.**

### **Making Subject Choices at Age 12-14**

At the age of around 12-14, perhaps for the first time in their life, your child will have to make important decisions. Some young people find it easier to decide on what to do than others, but because the choices they make now can impact on their futures, they need to take time to consider their options.

<https://www.parentalguidance.org.uk/making-choices/making-subject-choices-at-age-12-14>

- **Thursday 6th March** – Options Evening and Parent-Tutor Evening.
- **Monday 10th March** - Online form published to students.
- **Thursday 3rd April** – Parent-Teacher Evening
- **Monday 21st April** – Online form deadline (priority order, with reserves)

# National Careers Week 2025

## VIRTUAL CAREERS FAIR

3rd – 8th March 2025



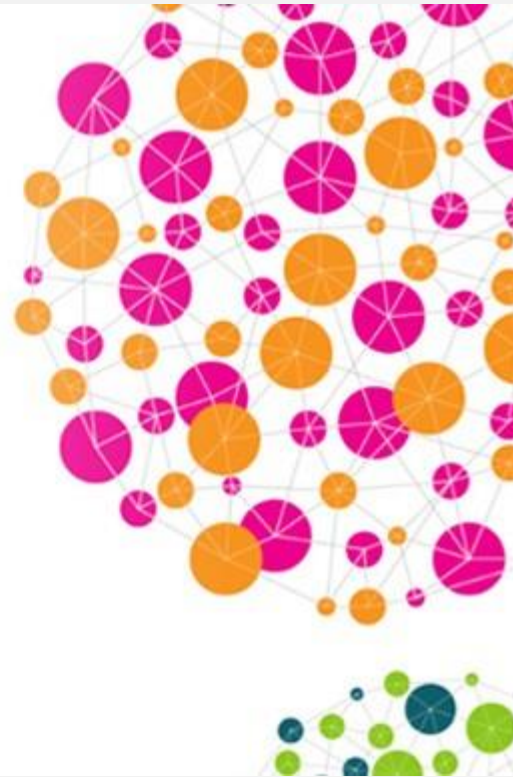
National Careers Week is a one-week celebration of careers guidance and free resources in education across the UK.

Tens of thousands of students across the country took part in Careers Week last year, having an opportunity to access the Virtual Careers Fair and take part in other careers activities.

You don't just have to be in school to access the Virtual Careers Fair though.

[VCF Lobby - NCW 2025 Virtual Careers Fair](#)

# British Science Week



BSW 2025 will take place from the 7th to the 16th of March and the theme will be **'Change & Adapt'**.



This years focus will be around what is in the news currently from Wolly mice, to private money being used to go to the moon and icebergs crashing into South Georgia and our changing the environment...

- **All Years – Science Assembly**
- **Year 7 Crocodiles and Nibbles.**
- **Year 8 Science Fair.**
- **Year 10s Sizewell Trip 21st March Friday**

## LUNCHTIME ACTIVITIES

- **Tuesday** : Have an opportunity to watch a rat Dissection. Science Club
- **Wednesday** : Bangs and Smells
- **Thursday**: Have an opportunity to watch a heart dissection

**Science Week Webinar: Maths Meets Medicine** 11th March 5-7pm For students looking for a career that is exciting and varied? Do you want to make a real difference to the lives of people all over the world? How about using maths skills to help develop experiments to test lifesaving medicines? Working as a statistician or programmer in medical research could be the route! For students, parents/ guardians/carers, teachers or anyone wanting to find out more then join this webinar during science week ( 11th March 5-7pm), where you will hear about the exciting roles, how to get into the industry and meet some professionals who will share their experiences! Sign up at [Maths Meets Medicine: Exploring Careers in the Pharmaceutical Industry](#)

## GIRLS INTO ENGINEERING (RESIDENTIAL)

Is your daughter passionate about all things STEM, and creating innovative solutions? Unlock her potential this summer at our Girls into Engineering residential course.

This three-day course, run by the The Smallpeice Trust, invites female students to embark on an exciting journey at one of the UK's leading universities - Loughborough University.

Girls into Engineering is proudly supported by GE HealthCare and Leonardo. Through these partnerships, students will have the unique opportunity to connect with real-world experts, develop and test their own products, plus gain invaluable insights into life as an engineer.

**This course is open to female students currently in Years 8/9 in England and Wales, S2/3 in Scotland and Years 9/10 in Northern Ireland.**

**This event includes the following:**

- Learning how different sensors work and how they can solve real world problems
- Designing and building projects and developing coding skills
- Putting designs to the test in several challenges
- Analysing data and finding ways to improve projects
- Tackling budgets and seeing how decisions affect finances

[Girls into Engineering \(Residential\)](#)



### WHEN

12 Aug - 14 Aug 2025

Start time: 10:00 hrs

Finish time: 16:00 hrs



### WHERE

Loughborough  
University

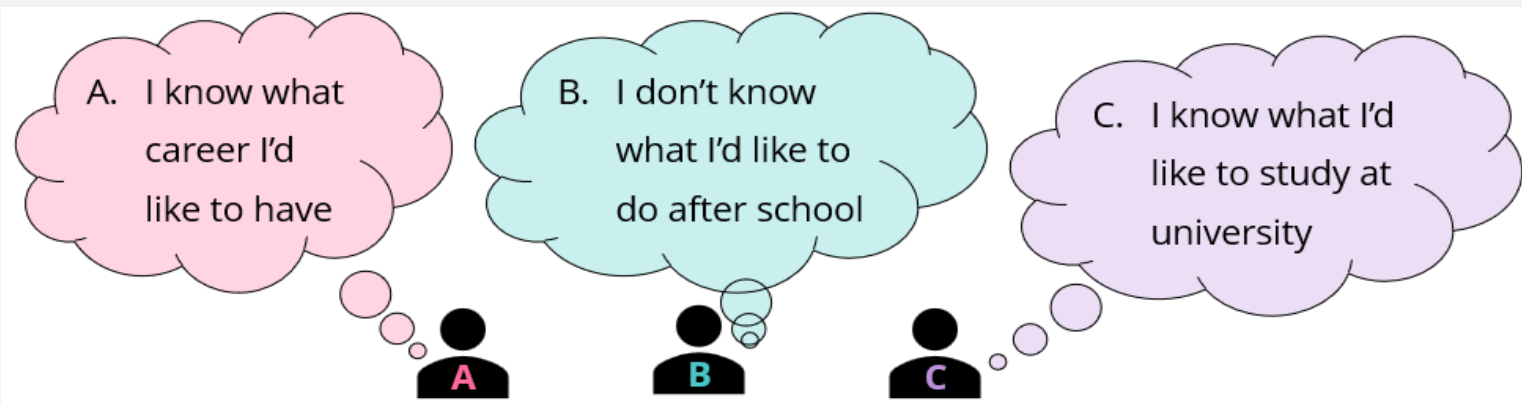


### COST

£395\*

\* If cost is a barrier please see our FAQ for more details.

[Book this course](#)

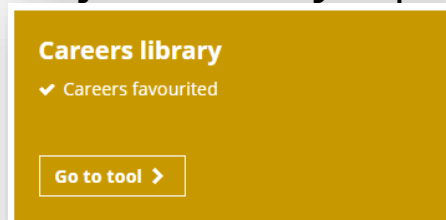


YR 9 STUDENTS – Log in to Unifrog

## Which camp are you in A, B or C?

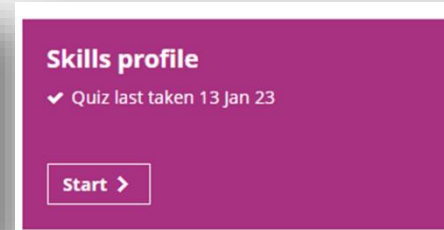
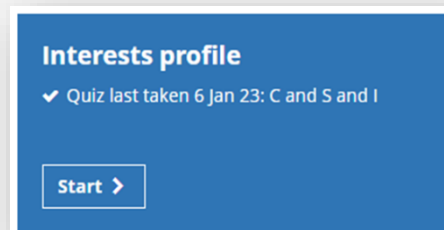
### If you're in CAMP A;

1. Go to the [Careers library](#) and select a career profile.
2. Scroll down to **'Related university subject profiles'** and select a subject profile.
3. Then follow the instructions for using the Subjects library (option C).



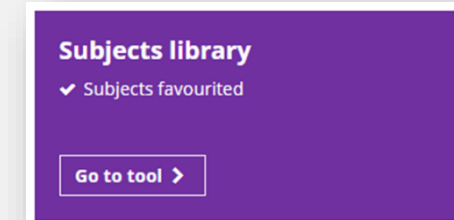
### If you're in CAMP B;


1. Go to the [Interests profile](#) or [Skills profile](#) (if you've taken the quizzes).
2. Scroll down to **'Search the Subjects library'** and select a subject profile.
3. Then follow the instructions for using the Subjects library (option C).



### If you're in CAMP C;

1. Go to the [Subjects library](#) and select a subject profile.
2. Scroll down to **'Getting in'** and read the age 15/16 qualifications and grades you'd need.
3. In this section, you'll see references to relevant school subjects.





unifrog

MEET THE STUDENTS:  
WHAT IS UNIVERSITY  
REALLY LIKE?

Meet the Students Fair - Wednesday 26th March

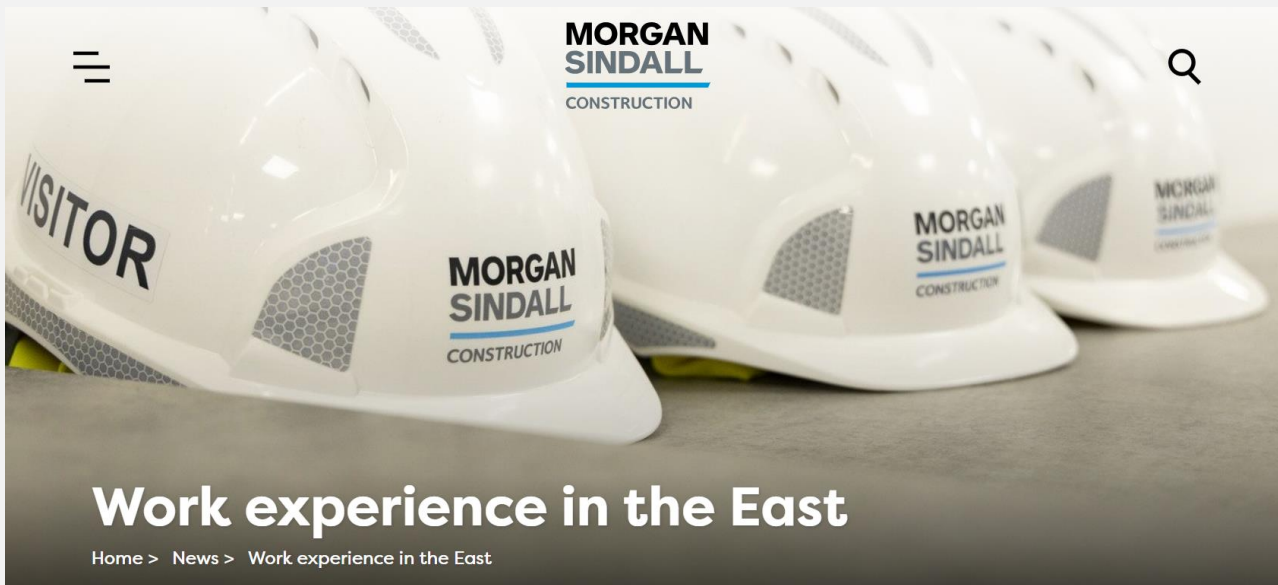
Virtual

## ‘Meet the Students’ virtual fair

If your Y10–13 students have any questions about life at university, who better to answer than current undergraduates? We’re bringing together both **student ambassadors and admissions staff from 30 universities** to this virtual fair.

There will be live sessions on open days, accommodation, societies, extracurricular activities, student finances, and other topics that most influence the choices your students make about university. Teachers, advisors, parents, and caregivers are welcome too!

> [Sign up and share the fair](#) (26 Mar, 16:00–18:30)



## Work experience in the East

Home > News > Work experience in the East

### WHAT'S NEXT?

Has this blog inspired you to find out more about a career in construction? If so, why not give one of our work experience weeks a try? The team has now launched the Morgan Sindall schools work experience weeks for the East for 2025. If you know of any students who might be interested, please share the link with them. The five-day programme will involve designing, planning, costing, and managing a project with help from industry professionals.

### Dates and locations

Cambridge W/C 12 May 2025

Norwich W/C 9 May 2025

Ipswich W/C 30 June 2025

Chelmsford W/C 7 July 2025

[Apply for a work experience placement using this link >](#)



## Careers in Accountancy

First Intuition are offering FREE Accountancy Academies providing in-depth and detailed sessions to help young adults understand if a career in accountancy suits them and how they get started. They have an option of online and in-centre sessions.



Each Accountancy Academy will cover the following topics:

- Introduction to accountancy
- Accountancy skills – with some practical exercises
- Workplace skills for accountancy roles
- Finding roles and preparing for interviews in this industry
- Employer Forum (Q&A)

The local Academy is being held in Cambridge on 14th & 15th July 2025—09.30 am to 3.30 pm for students from Year 11 to 13. If you will still be in school you will need to have the consent of your school before you apply

You can find out more and apply at [First Intuition Accountancy Academies 2025 - First Intuition](#)

You can also find some free helpful resources on accounting apprenticeships and improving employability skills [here](#)

## Create your future

### Complete our work experience programme and get a step closer to a career in creative

In this programme we'll introduce you to real careers and real people as you learn more about what goes into the thriving creative industry that you see around you. You'll be set real world challenges, discover what could be your creative career match and get insider information from current Channel 4 Employees on what makes for a successful creative career.

**Unlock Your Creative Potential: Join the 4Skills Work Experience Programme**

[Register & start now](#)



[4skillsworkexperience.com/PreRegister](https://4skillsworkexperience.com/PreRegister)

# Thinking about: the screen industries



- Introduction to working in the screen industries
- How to identify the right role for you in the screen industries
- How to find work in the screen industries
- How to apply for work in the screen industries
- How to perform well in a screen industries interview

The logo for ScreenSkills, featuring a stylized graphic of horizontal lines above the text "ScreenSkills" in a bold, pink font.

ONLINE MODULES

[E-learning - ScreenSkills](#)

Improve your knowledge and become more effective at work with our e-learning. [Sign in](#) or register to see what is relevant to you, as well as your completed and expired modules. If you are a teacher, parent or guardian interested in e-learning modules for under 18s please contact [info@screenskills.com](mailto:info@screenskills.com).

# Preparing for Adulthood February 2025 Newsletter

## CONTENT:

- Preparing for Adulthood SEND Festival
- Become College Ready workshop at Cambridgeshire Regional College
- Health: Getting Ready for Change
- Mental Health and Wellbeing



**1. Preparing for Adulthood SEND Festival:** Young People/Parent carer/professionals attendees: booking and registration here for the 11<sup>th</sup> July 10-2pm at Burgess Hall, St Ives: [Preparing for Adulthood SEND Festival Calendar Invite and booking here](#)

**1. Become College Ready workshop at Cambridgeshire Regional College:** Audience SENCO's/Key education staff at Cambridge Regional College on 1<sup>st</sup> July 10-12.30pm

- Cambridge Regional College- CRC's-EHCP Officer's Top Tips for schools and students becoming college-ready in Yr 10 & Yr 11 annual review
- Preparing for Adulthood Outcomes- PFA Lead at CCC
- Q & A session with Cambridgeshire County Council and Post-16 Statutory Assessment Case Work Officer
- Post-16 panel question and Answer session

Please touch base at [careers@lintonvc.org](mailto:careers@lintonvc.org) if you and your child would be interested in attending this session.

## 1. Health:

Getting Ready for Change: Every young person will be sent a questionnaire which is called: Get Ready for Change. The questions will ask about your health and shows young people where they can get more health advice. The **Get Ready For Change** questionnaire is confidential and there is also an easy read version. Here is a short film about it here: <https://vimeo.com/811243750/e8e4305382>.

Did you know there is a really helpful young person's portal which is a young person's website with lots of information such as: relationship and sexual health; keeping safe; mental health; changing bodies and lots more, found here: [Getting Ready for Change - information for young people](#)

## 1. Mental Health and Wellbeing

There are also really helpful website for more information about wellbeing, such as [Keep Your Head](#) and [How Are You Cambridgeshire and Peterborough](#) and Centre 33: [Online wellbeing toolkit](#) and [Self-Care Resources For Young People | Anna Freud](#).

In Cambridgeshire & Peterborough, there is a partnership called YOUnited who are able to help support children and young people aged 5 to 17 with their emotional wellbeing. A young person or a parent / carer can self-refer into Younited for mental health support. You can also ask your GP, a teacher or other professional working with young people to do this. The YOUnited website: [YOUnited | CPFT NHS Trust](#) directs young people or parent / carers to information about the self-referral. The form can then be completed to include information about difficulties that the young people are experiencing and what support is being looked for. If you attend a school that is attached to a Mental Health Support Team, you can also speak to a staff member to explore a referral directly into this service: [Cambridgeshire and Peterborough Mental Health Support Team](#)



## APPENDIX

### YR 10 - WORK EXPERIENCE SUPPORT

**When:** June 9<sup>th</sup> – 13<sup>th</sup> (two weeks after half term)

#### KEY DATE

Submission of completed WEX Forms: Friday 25<sup>th</sup> April (end of the first week of Summer Term)



## The Goal:

Why is work experience important?

It will help you to.....

1. learn about a job, company, or career sector.
2. decide whether you want to choose a particular pathway
3. having the experience on your CV develop your skills needed in the workplace.
4. build your confidence in interacting with adults.
5. reflect on your experience and use it as evidence of your interest in future interviews, cover letters, or personal statements.





## Making Contact: EMAIL

Use this format to write an email to an employer asking them for work experience.



1. **Paragraph 1:** introduce yourself and the school or college you go to.
2. **Paragraph 2:** say a little about why you're interested in the industry. A couple of sentences is enough!
3. **Paragraph 3:** politely ask about work experience opportunities on dates you are able to attend. You can also ask for a meeting/phone call here too.

WEX WEEK: June 9<sup>th</sup> – 13<sup>th</sup> (two weeks after half term)



## Making Contact: PHONE

Use this format to write an email to an employer asking them for work experience.



1. **Do your research**
2. **Know who you need to be talking to before dialling**
3. **Introduce yourself**
4. **Talk about what interests you in this field and whether there is an opportunity for a work experience placement.**
5. **Let them know when our work experience week is and confirm whether this will work for them.**

WEX WEEK: June 9<sup>th</sup> – 13<sup>th</sup> (two weeks after half term)





## **Research the company:**

Having a good idea of what the company does before your first day, it will help you make sense of things when you're there.



1. Learn as much as you can beforehand, it'll help you create a good first impression.
2. What do they do?
3. What type of organisation is it?
4. Ask the company to explain exactly what the placement will involve. What are the working hours etc.
5. Always address your mail and phone call to the right person – either to the department head or the personnel or human resources officer (ring and ask).

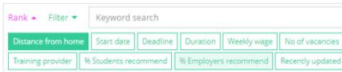
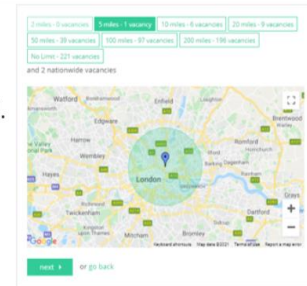


### Apprenticeships Tool

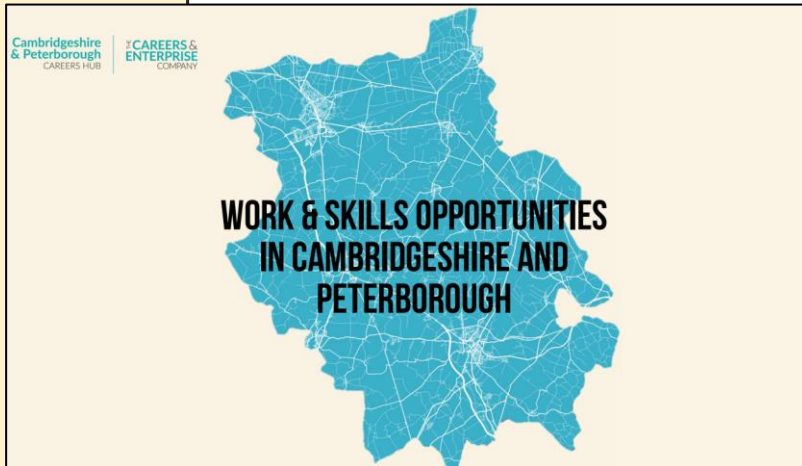
Distance from home is the most important factor when you're searching on the Apprenticeships tool.

Filter your results by the distance you're willing to travel for work experience using the map.

Once you click through to the next page, you'll be able to rank your longlist of results by 'Distance from home'.



unifrog



[www.unifrog.com](http://www.unifrog.com)

<https://www.gov.uk/apply-apprenticeship>

<https://amazingapprenticeships.com/>

[Microsoft PowerPoint - Imi-deck-with-updated-data - Read-Only](#)

- If you think you might want to go on to an apprenticeship, what about considering companies now that offer them.
- Approach them for work experience to give you a better insight of whether this field and pathway is for you.

Thinking about:  
apprenticeships

# When you find your work experience placement:

## 2023\_24 WORK EXPERIENCE STUDENT PLACEMENT FORM

### SECTION 1

#### Student Details

Name of Student:	Date of Birth:	
School/College:	Year Group:	Tutor Group:
Work Experience Dates:		

### SECTION 2: Ask your work experience employer to complete the information below:

#### A: Employer Details (note all information marked \* must be completed)

As part of work experience, remote health and safety checks will be conducted with the Employer and done via email or telephone by Form the Future, these need to be completed successfully for the student to start their placement

*Employer Name:
Type of Business: (eg: Engineering/Architects)
Please give details of your Employer Liability Insurance below:
*Name of Insurer:
*Policy Number:
*Expiry Date (this must cover the work experience placement dates):
*Does your company have a health & safety policy: Yes/No
*If more than 5 employees, does your company have a written risk assessment? Yes/No
We recommend you notify your insurers that a work experience student will be on the premises.

*Opportunity title (e.g. Office assistant):
*Address of Company/Organisation:
*Postcode:
*Name of contact at company/organisation:
*Email:
*Tel No:
Job title of contact:
No of employees:

**Note to student:** When you are inputting this data, see overleaf for date of approval

#### C: Vocational Profile: Opportunity Description: (To be completed by company/organisation)

*Breakdown of key tasks to be performed by student during work experience placement:
1.
2.
3.
4.

### SECTION 2 (continued): Ask your work experience employer to complete the information below:

#### D: Student Information and requirements:

*Dress Code (please tick all that apply):		
<input type="checkbox"/> Smart casual	<input type="checkbox"/> Long hair tied back	
<input type="checkbox"/> Practical workwear	<input type="checkbox"/> Minimal, no dangly jewellery	
<input type="checkbox"/> No jeans or trainers	<input type="checkbox"/> No jewellery, nail varnish or strong perfume/aftershave	
<input type="checkbox"/> Enclosed footwear	<input type="checkbox"/> Safety footwear may be required for site visits, to be discussed	
<input type="checkbox"/> Safety footwear	<input type="checkbox"/> Sturdy, flat, enclosed, sensible footwear	
<input type="checkbox"/> Outdoor clothing	<input type="checkbox"/> Waterproofs may be required	
<input type="checkbox"/> Appropriate sportswear	<input type="checkbox"/> Other:	
Will any of the following be provided by the organization? (please tick all that apply)		
<input type="checkbox"/> Mask	<input type="checkbox"/> Ear defenders	<input type="checkbox"/> Chef's whites
<input type="checkbox"/> Goggles	<input type="checkbox"/> Safety footwear	<input type="checkbox"/> Company top/uniform
<input type="checkbox"/> Overalls	<input type="checkbox"/> Hi-vis jacket	<input type="checkbox"/> Other:
<input type="checkbox"/> Hard hat	<input type="checkbox"/> Apron	
The learner will have to provide the following (please tick all that apply):		
<input type="checkbox"/> Safety footwear	<input type="checkbox"/> Overalls	<input type="checkbox"/> Other:
*Meal break details:		
<input type="checkbox"/> Bring own lunch	<input type="checkbox"/> Bring own drinks	<input type="checkbox"/> Drinks provided
<input type="checkbox"/> On-site facilities (e.g., canteen, microwave)	<input type="checkbox"/> Purchase off site (e.g., local café)	<input type="checkbox"/> Meal free (i.e., lunch provided free of charge)
Meal break duration:		
<input type="checkbox"/> 30 minutes	<input type="checkbox"/> 45 minutes	<input type="checkbox"/> 1 hour
<input type="checkbox"/> Appropriate breaks	<input type="checkbox"/> To be arranged	
*Interview Required: Yes / No	Any Specific Skills Required:	

#### E: Availability

*Working days and times (e.g. Mon-Fri 9-5pm):
---

#### F: Employer: We will provide a placement for the named student

*For and on behalf of (company / organisation):	
*Signed:	*Name: (please print in capitals)
*Date:	*Tel No:

### SECTION 3

**Parent/Carer:** As parent/carer of the student named I confirm that I agree to his/her taking part in this scheme. I confirm that he/she does not suffer from any medical condition which could result in an unnecessary risk to his/her health or to the health or safety of another person.

I confirm that my child will be able to travel to his/her work placement.

*Signed:	*Parent/Carer Name:
*Email:	
*Tel No:	

Storage and Processing: Form the Future will store the information specified above in digital or print formats for a period of up to five years. Any data stored in the cloud is hosted within the United Kingdom or European Economic Area. Form the Future is the data controller and responsible for the personal data covered in this consent. Form the Future complies with the requirements of all legislation and regulatory requirements in force from time to time relating to the use of the data covered in this consent, and processes the data in accordance with the privacy notice located on our website ([www.formthefuture.org.uk/privacy-policy](http://www.formthefuture.org.uk/privacy-policy)), which you acknowledge by giving us your consent.